

NONSENSE NOW AND THEN IS RELISHED BY THE BEST OF MEN AND WOMEN TOO

Complete Relaxation the Secret by Which Mental and Physical "Fitness" is Preserved

OTHER European nations declare that the English take their pleasures sadly, but after all isn't it better to take them sadly than not at all? We are getting so horribly busy that there are quite a number who are forgetting how to play, and so surely as we do, so surely will we soon find ourselves unable to work.

There are very few who do not take some vacation, some recreation; but the greater number make their pleasure all most as strenuous as their business and never let themselves get into the play mood which is as unrestrained as irresponsible, as haphazard as a child.

A LITTLE way outside of Magnolia, Mass., is the "Reef of Norman's Woe" of Hesperus fame. Last year an anxious school teacher came tearing down the beach with a worried, harassed look. "Could you please point out the Reef of Norman's Woe to me?" she asked a group of fishermen. They looked from one to the other; finally one came to the rescue. "I am sorry, ma'am," he said, "but you will have to go about a half mile down the beach and round that head before you can see it." She was aghast! She had only come for the afternoon, her train was due in an hour, and if she went on she could not have her supper. And would you believe it? She went. On down over the rocks on a hot day, tired and superfluous, to look out to sea, where she might or might not see a line of white breakers over the half-concealed reef! Yet she imagined she was having a vacation! Poor soul! It was quite evident she had carried her classwork with her.

REALLY busy people, those who actually DO things that are worth while, have always time to play. It is those moments of complete relaxation which enable them to go on and on apparently untiringly while the smaller



Looks as if the bow might fly away with the hat.

workers fuss and worry, muddle and toil, until their brains are too exhausted to do any further. They may find a certain self-satisfaction in patting themselves on the back for their constant attention to business, but that will not ward off the breakdown which is bound to come.

AFTER vacation is over and we are back at the daily grind we ought to stop a while to think, to plan our work in such a way as to leave a wide margin for pure fun, to make up our minds that, come what may, we will leave our work in our office and not take it home or out when we go to play; that we will try to get back to the child that is hidden away somewhere inside of us all, no matter how staid and dignified we may appear. In this way we will keep our minds and our bodies healthy, supple, adaptable, more "fit" for the proper fulfillment of our daily tasks.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only one address with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily concur with the opinions expressed. All correspondence should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. What shade of blue promises to be much worn during the coming season?
2. Is there a likelihood that side pockets will remain in vogue during the winter season?
3. What shape are many of the smart fall models in coats to take?

ANSWERS TO YESTERDAY'S INQUIRIES
1. Unless the woman is very much older or quite distinguished it is the man's place to express pleasure over his introduction to her.
2. A bride can present her bridesmaids with brooches, slipper buckles or some other small piece of jewelry or the hats they are to wear at the wedding.

To Knit Slip-on Sweater
Dear Madam—Can you please give directions for knitting a slip-on sweater, purged at the waistline.
If you want to make it with an angora collar use twelve balls of the plain wool and three balls of the angora. For size 38 knit as follows: Cast on 96 stitches, knit 3, pur 3 for 9 inches, now knit plain until there are 15 ribs, increase 2 stitches at each end every other row until there are 116 stitches on needle, cast on 65 stitches at each end for sleeves, knit 25 ribs on this length, slip the first 108 stitches off on an extra needle, bind off 30 stitches for the neck and on the remaining 108 stitches start front, work 5 ribs for shoulder, now increase 1 stitch every other row toward the front until 15 ribs from the shoulder bind off 65 stitches for sleeve, then decrease 2 stitches toward the armhole every other row five times, continue working until the 16 stitches have been added toward the front, slip off on an extra needle, work second front to correspond; now slip all the stitches onto one needle and finish front same as back.

Recipe for Hollandaise Sauce
Dear Madam—Please print a recipe for Hollandaise sauce.
Hollandaise sauce—One-quarter cupful butter, one tablespoonful flour, one-half teaspoonful salt, dash cayenne, one-half cupful hot water, one egg yolk, one tablespoonful lemon juice. Cream half of the butter with the flour, salt and cayenne, add hot water and cook over hot water for ten minutes, stirring constantly, until it thickens. Add the yolk of the egg, slightly beaten, the lemon juice and the remainder of the butter. Cook about two minutes, or until thick. Beat well and serve at once.

Mock Turtle Soup
To the Editor of Woman's Page:
Dear Madam—Will you kindly print a recipe for mock turtle soup?
Mock turtle soup—Two pounds knuckle of veal, one-half pound liver, one onion, one carrot, one-half bay leaf, one-half cupful celery tops, two quarts water, two teaspoonfuls salt, one-eighth teaspoonful pepper, two tablespoonfuls beef drippings, four tablespoonfuls flour, one teaspoonful sugar, one-half cupful vinegar, one-quarter teaspoonful kitchen bouquet, one hard-boiled egg. Wash the meat, add the vegetables, cut fine, add boiling water and cook slowly for four hours. Remove meat, strain the stock, remove fat, add salt and pepper. Cook the drippings of flour and sugar together until brown, add to stock and stir until smooth; add the vinegar, kitchen bouquet and one-half cupful each of liver and veal, cut into small pieces. Serve a slice of egg in each plate. The leftover meat may be used for hash, croquettes, etc.

O'Brien Potatoes
To the Editor of Woman's Page:
Dear Madam—Please print a recipe for O'Brien potatoes.
Three cupfuls diced potatoes, three chopped pimientos, one small onion, chopped. Put four tablespoonfuls bacon fat in an iron pan and saute the mixture in this fat. Before removing add two tablespoonfuls chopped parsley.

Oatmeal Biscuits
Dear Madam—Please publish in your column a good recipe for oatmeal muffins or biscuits.
Take one-half cupful milk, one well-beaten egg, one tablespoonful butter, one tablespoonful sugar, one cupful flour, one-half cupful sifted two teaspoonfuls baking powder and one cupful oatmeal mush. Stir well together and bake in hot muffin pans in moderate oven.

Left-Over Fish Utilized
To the Editor of Woman's Page:
Dear Madam—I nearly always have fish for Friday night dinner and there is always some left over. Can you tell me some way to use this and have it for lunch the next day? In it I use lettuce, tomato, onion, etc.
It is perfectly safe to use leftover fish, and an excellent way to use it is to make a "pick-up" of it. Melt a heaping tablespoonful of butter and add the same amount of sugar. When it bubbles put in one-half cupful of tomato sauce, one cupful of water liquor, which you can get from any fish dealer, one teaspoonful of onion juice and the same of minced parsley. Let this boil for five minutes, then add a cupful of cold cooked fish, cut into small pieces. Season with salt and pepper to taste. Heat to a bubble in the top pan, and serve out into a hot dish.

Formula for Ammonia Water
Dear Madam—Can you please give me a good formula for ammonia water?
Five pints of distilled water, 2 1/2 pints distilled liquid ammonia forte, 5 ounces French rose water, 7 grams soluble essence of orange, 7 grams soluble essence of lemon, 4 grams soluble essence of neroli, 2 grams soluble essence of bergamot, also 2 grams soluble essence of rosemary. Mix the essences with the distilled and rose waters, then add the ammonia. I must warn you, however, that it is cheaper in the long run to buy a small quantity of ammonia water than to make it yourself.

IN THE MOMENT'S MODES Imported Chapeau in Seal Brown and Corn Color



IT is difficult to do justice to the fascination of the first fall hats in an ink and paper description. But few extreme styles have made their appearance. There is the boat-shaped chapeau, liked by those who like novelty in their headgear, the sharply squared hat for those who do not feel the need of worrying about softness or grace of line, and some unique versions of the tam-o-shanter. Aside from these, fall chapeau models are exquisite in fabric and fashioning. The harsh note sounded during several seasons past by the severe turban has been quieted. Many of the new models have edges of soft finish—edges that serve to transform brims into charming frames for the face. The hat pictured today is an imported model developed in seal brown panne velvet with braided chenille bands and tassel in corn color. The edge of the brim is blanket stitched in chenille.

OYSTERS ALMOST HUMAN; OFTEN 'MUM'; SOMETIMES 'PICKLED'; ONE OPENS UP

Mollusc of 'succulent' Tribe Rushes to Defend Genus Ostraea—Would Ostracize Skeptics—What Johnstonian Philosopher Says of 'R' Superstition

BY VALVE
Today opens the festivities of the 1917-1918 Oyster Season, according to articles appearing in yesterday's newspapers. I wish to call the public's attention to the fact that there is some controversy on this point, and as president of the Associated Bivalves, I will undertake to present a point of view to which the papers did not do full justice.

As to my first point, the sage philosopher, Herbert Johnston, is well qualified to speak. His a equal instance among oysters is an unusually wide one and he has given the subject of Ostraea and Etiquette close study. "It is entirely correct to say that the Oyster Season is in full swing during the months containing 'R,'" he asserts in his book, "Oyster Stew-dies." He then goes on to say: "Lower, contrary to general opinion, the season does not open on September 1. Oyster lovers overlook the fact that there is an 'R' in August."

I would say that Oysters are very human in their ways. You will know that there are some humans who do not know when to go to bed—in fact, don't begin to wake up until after bedtime. Oysters display similar traits. Consequently there are always a few celebrating, even during the months of May, June and July, known as "Oyster Lent" when they should be observing the penitential quietness of their beds. Such oysters are usually physically and mentally deficient. There is also another class of Oyster that does not observe "Oyster Lent" in the orthodox manner. This is the dissipated oyster. He starts in with a "wee night cap" before retiring, and ends up by getting "pickled." He is then "jugged" for disturbing the peace and later released on an unsuspecting world. All such oysters should be avoided. Festivities have now commenced in earnest. The most respectable oysters are at liberty to get "stewed," "fried," or "baked." No oyster is too "raw" to be accepted in the most refined circles, and anything goes. This country's war prosperity has had its due effect upon the oyster world, and the scalpers' profit is soaring skyward, according to latest reports. The stylish hotels have raised the oyster "tariff," and even the houses making a specialty of sea-food adopted a policy of virtual no change from the committee draft. This would include consumption taxes on tea, coffee and sugar, but a big fight will be waged to eliminate these.

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.
In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, and on the treatment of various ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who include stamped envelopes for reply.

Diet in Fever
It is highly important that fever patients should receive a proper amount of food, and food of the right sort. Physiological experiments have shown that during fever, especially when the temperature is high, the muscles, glands and blood are rapidly destroyed. This is the reason for the great weakness as well as emaciation of the fever patient whose temperature has run very high for some days. From careful investigations May reached the conclusion that the destruction of the tissues in fever is due to the lack of carbohydrates.

Poor Circulation in Arms
What causes poor circulation and numbness in the arms?
Numbness in the arms and legs is most frequently caused by autointoxication. The poisons absorbed from the intestinal tract produce an irritation and spasm of the blood vessels of the nerves. The best remedy for this is to overcome any tendency to constipation that may be present. Eat laxative foods, such as coarse vegetables, fruit and bran at every meal. At least two or three bowel movements a day should be secured, and, if necessary, mineral oil may be employed to obtain this result.

No Thirst for Water
Why do I have no thirst for water?
A distaste for water is abnormal and shows some derangement of the nervous system. Water is absolutely essential to the maintenance of a healthy condition of the body, and if it is distasteful in its natural form you may find it easier to take it with the addition of fruit juice.

Agar-Agar
What is your opinion of agar-agar, and do you recommend its use?
Agar-agar is a sea weed which is very much used in cases of constipation, as it supplies bulk in a nonirritating form, and so is very beneficial. It can be employed in any reasonable quantity without harmful results.

Brain in Palatable Form
How can I take brain in a palatable form? How can it be used in making bread?
Brain separately, you will find that by combining it with fruit juices, soups or milk it can be taken much more easily.

Sour Stomach
What is the best remedy for sour stomach?
The best remedy for acidity of the stomach is careful regulation of the diet. Avoid meat, fish and, in fact, all flesh foods, tea, coffee, sweets and very acid fruits. Eat freely of vegetables and the subsacid fruits and the cereals. The employment of fat in the form of sterilized butter, nuts, cream and olive oil will assist in decreasing the acid secretion. A tablespoonful of olive oil should be taken with each meal. In severe cases the foods should be taken in a semisolid form, not dry, because mastication increases acid secretion. Avoid broths and other liquids at meals. Take two glassfuls of hot water an hour before each meal. Take a tablespoonful of

Tomorrow's War Menu
BREAKFAST
Blueberries with Cream
Fried Mush with Syrup
Coffee
DINNER
Roast Beef
Potatoes Browned with Meat
Creamed Cauliflower
Lettuce and Tomatoes
Vanilla Ice Cream with Peaches
SUPPER
Soft-Shell Crabs
Tartare Sauce

JOHNSON URGES PROFIT TAX OF 80 PER CENT

California Senator's Amendment Due for a Vote in Senate Today

HAS OTHER AMENDMENTS
Forty Per Cent Assessment Will Be Asked for if Higher Tax Is Defeated

WASHINGTON, Sept. 1.—Senator Hiram Johnson, of California, speaking on his amendment taxing war profits up to 80 per cent, this afternoon threw all the weight of his oratory into his final plea for the conscription of war profits to pay for the war. Senator Johnson made it clear at the outset that he was aiming directly at money coined out of conditions created by the war, and that he did not propose to interfere with normal peace time earnings. They should be taxed under other provisions, he said. He emphasized his impatience with the argument for delaying application of the heavy war profits tax until later in the year. "England is levying 80 per cent," he said. "And yet we are so timid that we would take only 31 per cent despite the fact that we are incurring \$21,000,000,000 of obligations for the first year of the war. What do they want us to wait for? 'Till the end of the war when there will no longer be war profits? Why wait? We didn't wait to take the men and the women of this country and to break hearts with us, but to scatter them to the four corners of the world."

SEES NEED OF BIG TAX
"German newspapers and people have said of us that we have not the courage to take huge war profits, and that our corporations never will volunteer them. They are saying it is a dollar war with us, and that our heart is not in it. I say our great weapon is not our man-power, but our man-power plus our money-power. If we do what we should do here today we will answer those who so scorn us."

The Johnson amendment is due for a vote today. If defeated Johnson will offer another amendment taxing profits about 75 per cent. He will press on, if necessary, to an income tax of 50 per cent. The Finance Committee, confident of beating Johnson and Borah's followers, believes 40 per cent is enough tax on war profits, because individual incomes are taxed by the bill at a rate higher than that in effect in any other country. The Johnson-Borah crowd says the committee will proceed to raise its proposed profits tax even if the wealth conscriptionists say that they want it.

LA FOLLETTE HAS AMENDMENTS
La Follette is waiting only for action on the Johnson group of amendments before jumping into the fight for eight amendments levying a flat tax on war profits from 40 to 75 per cent.

Division in the ranks of those opposing the committee bill has stirred such confidence among the wealth conscriptionists that they now predict the measure as finally adopted will show virtually no change from the committee draft. This would include consumption taxes on tea, coffee and sugar, but a big fight will be waged to eliminate these.

GREEK'S DEAD BODY FOUND

Mystery Surrounds Killing of Strange Man at Lewistown

LEWISTOWN, Pa., Sept. 1.—Workmen returning from night turn at the Standard Steel Works today found the body of Mike Smith, forty-seven years old, near the Logan Company's stables, with two bullet holes in the chest. Smith, a Greek, was proprietor of the Y. M. C. A. restaurant at Burnham. A canvas bag, containing small change was attached to his right hand in a death grip, and other money and his watch were found on his person. Coroner J. W. Mitchell, who is investigating the death, says there is nothing in Smith's effects to show where he is from, other than that he worked recently at Hargerstown, Md.

BRITISH PACIFIST ARRESTED

Charged With Sending Pamphlet to Switzerland Contrary to Regulations

LONDON, Sept. 1.—E. D. Morel, secretary of the Union of Democratic Control, has been arrested. Morel's London office and his home at St. Albans were searched last Saturday by the police, and several packages of documents were removed from his office. He had been accused by several newspapers of pro-Germanism. Morel was charged in the Bow street police court with unlawfully inciting one Ethel Sedgewick to convey to Switzerland a pamphlet contrary to regulations. After the presentation of formal evidence Morel was remanded.

TICKETS FOR MEALS OR BEDS

Information Given Men on Way to Training Camps

HARRISBURG, Sept. 1.—Colonel Sweeney, chief of State Registration Board, has instructed local boards that men who will go to the training camps may use the meal tickets issued by the Government for lodging as well. The War Department failed to include lodging tickets for the Pennsylvania draft quotas. Colonel Sweeney is working out a list of hints to boards whereby the transportation problem may be greatly simplified, and will ask the members to suggest other points for mobilization for districts where railroad connections specified in the first order are inconvenient. This may result in changes of transportation points for quotas to follow the first call.

Wills Probated Today

Wills probated today include those of Dr. Joseph K. T. Van Pelt, Atlantic City, which in private bequests, disposes of property valued at over \$188,000; Mary Maxwell, 1228 South Fifteenth street, \$20,000; Theodore Sherman Leach, 1217 W. 12th street, \$15,000; Sarah J. Willard, 2044 East Auburn street, \$4800; Mary Martin, 1303 West Ontario street, \$4000; and Rebecca I. Scheer, 2404 North Sixth street, \$4000.

LACK OF CHEMICALS CAUSES BAD CARTRIDGES

Arsenal Commandant Says Carelessness Was Not Cause of Rejected Ammunition

Exhaustion of the supply of chemicals from Germany and the inferior quality of substitute chemicals manufactured in this country were said by War Department officials today to have been responsible for the defective cartridges shipped to General Pershing's overseas troops for use against the Germans. Those cartridges were manufactured by the Frankford Arsenal, and the commandant, Colonel Montgomery, declared today that carelessness played no part in the slip-up. Thousands of rounds of cartridges have been found to be defective.

All lots of ammunition made at Frankford are tested carefully and these defective cartridges were no exception, it was said at the mill. Potassium chlorate is used in the primers. That of domestic manufacture contains impurities, of domestic, as an impurity. It requires some time for this impurity to render the ammunition defective. Shortly after manufacture, when the tests were made, the results were found satisfactory. Soon, however, the ammunition became useless.

"We do not talk about affairs of the Frankford Arsenal now as we have in the past," said Commandant Montgomery. "The manufacture of defective cartridges was not due to carelessness. "Everybody is having trouble, but this condition is going to help us. "When Congress is asked for an appropriation for the arsenal, it may vote against it."

NEW YORK CITY DRAFTED 38,621 MEN FOR ARMY

Farewell Will Be Given Conscripts, Next Tuesday, in Big Parade Down Fifth Avenue

NEW YORK, Sept. 1.—This city today is ready to furnish its first quota of 38,621 men for the National Army. Deputy Attorney General Conklin announced this morning that New York City would have exceeded her quota by 20 per cent. A great many drafted men who would not otherwise have to go into service will be permitted to be armymen. The city would have exceeded her quota by 20 per cent. A great many drafted men who would not otherwise have to go into service will be permitted to be armymen. The city would have exceeded her quota by 20 per cent. A great many drafted men who would not otherwise have to go into service will be permitted to be armymen.

Brady's Diamonds Dazzle

NEW YORK, Sept. 1.—Even dealers in precious stones were dazzled here by the array of gems set out for their edification by the executors of the estate of James Buchanan Brady, Broadway's "Diamond Jim," on view at the Columbia Trust Company, 60 Broadway. The collection, said to be worth \$250,000, is being sold to liquidate Mr. Brady's estate.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Last Words
When I woke this morning and thought of the coffee I had to make I hopped out of bed so quick that I skidded and fell over Rowdy and we both laughed, he with his tail and I with my voice. Then I washed my face and hands and put the coffee on and started my usual morning routine. I was going to have all the rest of our lives. Before my father came home from his night watching Mr. Carpenter knocked at the door and I wondered who had been lying about me. He said "Patsy, Mrs. Carpenter has been hurt badly in an auto accident." I said, "For cat's sake, I hope you don't blame me for that." He said, "She asked me to ask you to permit her to see her mother in law. Tell her that's all right, but I must get my father's breakfast." He said, "Please come right away." So I turned out the fire and went with him.

I opened a door for Rowdy and me to go in a room by ourselves and there was Mrs. Carpenter lying on the same bed they had Wilbur on the day he got shot full of powder. She said, "Patsy, I am going to leave you and my angel and I am going to go to heaven and leave you all misunderstandings here. You have been a very bad little girl and I suppose you always will be, but I want you to know that my soul is at peace and I forgive you for everything you have done." I said, "For cat's sake, what have I ever done?" She said, "We cannot go into details at a time like this. You know what you have done."

I said, "Well, I like that, when you are the meanest woman on the street and sit out on your porch all the time to keep good little girls from being played with. Who told you to come and see her mother in law to heaven?" She said, "The doctor told me that I am going to die and the minister told me I am going to heaven, as I should after the life I have lived." I said, "The doctor may be right, but I'll bet all I've got that the minister is wrong. What kind of a place do you think heaven is, anyhow? Do you think it is a place where a hatched-faced woman can sit on her front porch and order the little angels to keep off the clouds and not touch the setting sun and always to wipe their feet and not dare to play with her little angels? I should say not."

She just lay there and looked at me and said, "You need a good spanking. I should think your mother would turn over in her grave. You little savage, if I were not dying I would attend to your case." So I stuck out my tongue at her and went out. The doctor was on the porch talking to Mr. Carpenter and Wilbur was crying. The doctor started a while when I did and so I went to his auto and said, "Is she dying or sure enough, mister?" He said, "Why, no, nothing like it. She has merely had a shaking up." So he went away and I went back and told Mr. Carpenter that I was sorry for him. He said, "What for? I was not going to die." I said, "That's the reason."

THE BATTLE HYMN OF THE REPUBLIC
Your Victor Record Books are incomplete without this record by Julia Ward Howe
HEAR IT HERE TO-DAY
G.W. HUYER CO. THE HOME-OF-SERVICE-PIANOS
1031-33 CHESTNUT ST. PLAYERS
Bright's Disease can be relieved and the cause removed by the liberal use of Mountain Valley Water, which causes the kidneys to function properly. DRINK DAILY 8 TO 12 GLASSES OF Mountain Valley Water
Pure, palatable and tasteless. A delightful table water. Sample it FREE 718 Chestnut St. Phone Walnut 2467